

The Sourdough

S E N T I N E L

July 1, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 26

Cope Thunder soars

*Multinational exercise
builds better relationships,
provides training opportunity*



-- Pages 12-13

Fourth of July...with Liberty and Justice for All

By General Paul V. Hester
Commander, Pacific Air Forces

More than two centuries ago our founding fathers declared independence from British rule...a war resulted...a fledgling nation started and rule “of the people and by the people” was born. Ever since, Americans have worked together to build a Nation where all people are equal, “endowed by their Creator with certain unalienable Rights,” and where its citizens are free to pursue their individual dreams.

This Independence Day we remember the brave men and women

of the armed forces for their service...and for their sacrifices. They are America’s sons and daughters, mothers and fathers. We are grateful for their dedication, courage and for protecting the principles and liberties won so long ago.

Our Pledge of Allegiance captures, in its simplicity, the greatness and nobleness of our founders: “...One nation under God, indivisible, **with liberty and justice for all.**” Lynda and I wish you and your families the continued blessings of Freedom and a safe and enjoyable celebration of America’s 229th birthday.



TECH. SGT. MIKE EDWARDS



Senior Airman David Bolton, 962nd Airborne Air Control Squadron, stepped in and provided intelligence updates and threat briefings ensuring aircrew readiness to conduct Homeland Defense missions, during a critical manning shortage.

He also aided in preparing two AWACS crews for the multi-national Cooperative Cope Thunder exercise.

Finally, he supported 12th Fighter Squadron pilots by providing electronic intelligence threat depictions, increasing aircrew survivability.

Staff Sgt. Garret Langston, 3rd Security Forces Squadron, responded to reports of a suicidal Airman with a handgun in base housing.

On scene, he positioned security force members and began evacuating housing units. Then he began a non-stop dialogue with the Airman, which lasted more than two hours.

With the arrival of Anchorage Police Hostage Negotiators, Sergeant Langston immediately ensured housing evacuations were complete and his Airmen on the perimeter of the scene received relief and support.

Tech. Sgt. Steven Lolley and Staff Sgt. Robert Anderson, both from the 3rd Component Maintenance Squadron, prevented a sortie loss for the 19th Fighter Squadron during an engine no-start.

During a maintenance surge, both were dispatched to the flight line due to non-availability of experienced Aircraft Maintenance Unit technicians to troubleshoot a defective stator generator.

They replaced and operationally checked the new stator generator, enabling the aircraft to meet its next scheduled sortie without delay.



Col. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

- Col. Christopher Thelen, 3rd CES/CC 552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC 552-2468
- Lt. Col. Robert Garza, 3rd SFS/CC 552-4304

Worker concerned about pesticide spraying

Q: I work in a building located near Paxton Park. On Wednesday afternoon, May 25th, I observed two men spraying pesticide at Paxton Park.

I got the impression that this was probably not safe stuff because the man spraying the pesticide was dressed in a suit that looked like a flight suit and had what looked like a gas mask on as he was spraying the pesticide.

The two men sprayed the park at approximately 3 p.m. and approximately one half hour later a group of children left Orion School and walked across the park.

The following day, May 26th, the men were back in the park spraying the pesticide at approximately 8:45 a.m. ... less than 10 minutes later a group of approximately 15 children walked across the park to go to Orion Elementary School.

I called a few “environmental numbers” to no avail. I finally got in contact with someone from security forces who told me to contact the bioenvironmental department at the hospital, and ground safety (I left a message and no one called back).

I then called Poison Control and

was referred to Public Health who referred me to the Civil Engineers.

When I called Civil Engineers, I told them I was very concerned that no notices were posted informing people that they were spraying pesticides at the park and the children were walking to and from school across the park while the pesticides were being sprayed.

I was told that they aren’t the people who post the notices. I have seen NO notices!

Why are no notices posted warning the public about the spraying of pesticides in the park? Kids are walking to and from school across the park...people are barbecuing, people are walking their pets through the park.

As a matter of fact I observed people having a cookout three hours after they sprayed pesticide at the park on May 26th. Is this safe?

Could notices be posted in the future to notify the public of the spraying of pesticides in their vicinity?

A: Thank you for the opportunity to address this issue. I share your concern for the health and welfare of all the residents in our community.

While there are numerous highly toxic weed-killers on the market, our Civil Engineers chose to treat dande-

lions with a mild/selective chemical which is not considered harmful to humans unless swallowed, poured into the eye, or directly sprayed on a person.

This chemical rapidly evaporates or is absorbed into the sprayed plants, so there is no period where access to the sprayed area must be restricted.

As a result , no warning signs or special clothing are required during application of this chemical.

However, as an added safety precaution the individuals you see spraying are required, due to Air Force policy and the nature of their jobs, to wear a respirator when they apply chemicals of any sort, to limit their long term exposure. They make every effort to immediately move operations when people enter an area, to prevent exposing them directly to the spray. With these precautions, I am happy to report that we’ve had no known cases of injury to humans (or animals) in all the years CE has used this product.

Since the safety of our community is paramount, I encourage everyone to steer clear of active spraying operations to avoid any accidental direct exposure.

Once again, thank you for taking the time to point this out.



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3rd Wing Moment in History

June 25, 1951:



The 90th Bomb Squadron-LNI returns home to the 3rd Bombardment Wing. The 731st Bombardment Squadron was inactivated. Simultaneously, the 90th Bombardment Squadron (Light, Night Intruder) was activated as a subordinate unit of the 3rd BW.

Arctic Warriors are finding housing, the Alaska Native-American Heritage Center, BX-Commissary are all within walking distance of great family ...

Camping adventures, wilderness experiences

By Tech. Sgt. Theo McNamara
Staff Writer

An Alaskan-wilderness camping adventure for Elmendorf families can be very affordable, fun and informative at Elmendorf's Family Camp and Recreational Vehicle Park, located near the 3rd Medical Group Hospital and within walking distance of the Joint Military Mall complex.

"There are a lot of reasons why this park is so perfect for Elmendorf families, whether retired or going to work everyday," said Roy Merritt, who's

volunteered to oversee operations at the park for the last four years. "But perhaps the most practical reason for staying here is you can enjoy a great week of fun in Alaska's wilderness and still eat lunch at the Base Exchange's picnic area, and with the price of gasoline as high as it is this year, you can save a whole lot of money. Plus, if you bring the kids out here your spouse can still go to work while the family enjoys the playground and other outdoor activities."

"It's a community within a community -- the

park is filled with so many nice people with adventure stories," said Miss Halima Coon, a traveler who recently spent a weekend in the park with her children. "The kids can play over on the playground and ride their bikes around without the worries parents normally have on the busy streets of the community. There's just a lot of freedom around here -- all the retired-military travelers here have adopted my kids as their own."

"Camping naturally brings my family closer together, but I'm not sure I'd want to get too far out in the woods; I'd rather stay here. The most basic rule of camping is: Always have all the everyday conveniences of home within walking distance. I also think Elmendorf's Fam-camp is a great get away because the shower rooms here are big and clean and the laundry facilities are awesome -- we go home with clean clothes," she said.

With more than 60 spaces available, the Fam-camp can accommodate RV's of all sizes and tent-campers can almost always find a spot to pitch their tent. The host makes an effort to put tent-campers as close to the shower/laundry buildings as possible because most RVs have shower and toilets within the vehicle.

All the RV sites -- which will accommodate a tent as well -- are equipped with water and electric connections. Some sites are even equipped for and occupied during the winter months.

"We've a few people who spend the entire winter in their RV and we always keep a few spaces cleared of snow because we get folks who live in other parts of Alaska who'll pull in here so they can stay close to a loved one that's in the base hospital," explained Mr. Merritt.

There's almost as many reasons people stay here as there are slots for them to park in.

"We get a lot of local families who rent a trailer from Outdoor Recreation and come out, but we also have a surprising amount of people who are PCSing in and out -- they spend time here rather than caged up in a hotel. Some people are just spending the night and looking for information about what they might see on the next day's RV journey to other parts of Alaska," he said.

"Every day here is fun because there is always a new face and a new story to tell and there's usually a few children around to liven the place up a bit," said the 75-year-old retired Master Sergeant turned volunteer host.



TECH. SGT. THEO MCNAMARA

Roy Merritt, Elmendorf Family Camp and Recreational Vehicle Park host, demonstrates how to hand-feed his pet squirrel, affectionately named, Squirrel, as Alexis McNamara watches so she can learn the technique.

Airman Leadership School 05-6 graduates

The following senior airmen graduated from Airman Leadership School class 05-6 June 23:

John L. Levitow Award

Shaun Yuenger

3rd Equipment Maintenance Squadron

Professional Military Education Center Leadership Award

Cesar Campos-Monteza

3rd Logistics Readiness Squadron

Academic Achievement And Distinguished Graduate Award

Joy Brogdon

381st Intelligence Squadron

Distinguished Graduate Awards

Shandie Choate

176th Wing

Donald Hilmanowski III

732nd Air Mobility Squadron

Graduates

3rd Aircraft Maintenance Squadron

Randolph Betzold

Aaron Brauner

Eric Campbell

Christopher Grosstephan

Tyson Keuma

Edward Wilson, Jr

3rd Civil Engineer Squadron

Brian Saunders

Bobby Thomas

3rd Component Maintenance Squadron

Paige Howell

3rd Equipment Maintenance Squadron

Ryan Busey

Karen Dry

Jerrad Kooley

Sean Robinson

Jose Rodriguez, Jr

Timothy Turner

3rd Logistics Readiness Squadron

Lamar Harvey

Charles Holley II

Peter Kaplan

Joseph Simmons

Jason Zollman

3rd Medical Support Squadron

Shawn Caribardi

Courtney Ehrin

3rd Security Forces Squadron

Jeremy Johnson

John McMillan

Gerald Milanez

176th Communications Squadron

Orelvis Ibarra

381st Intelligence Squadron

Nicholas Cliver

Corey Muffoletto

Christina Settle

703rd Aircraft Maintenance Squadron

Robert Beattie, Jr

Christopher Harrelson

April Jordan

Nicholas Tonino

Edward Wilson

732nd Air Mobility Squadron

Jennifer McKeen

Jodi Pepin

Arctic Warriors memorialize two fellow Airmen

By Tech. Sgt. Theo McNamara
Staff Writer

Two 3rd Wing Airmen died in separate incidents, in what’s been described as a tragic, terrible weekend that began June 17.

Hundreds of Arctic Warriors, co-workers, friends and family came together to remember the two Airmen, and grieve their loss at separate memorial ceremonies in Elmendorf chapels last week.

Senior Airman Joshua Booker, 19th Aircraft Maintenance Unit, was killed in an automobile accident June 17. The car he was riding in crossed the center line into opposing traffic along the Seward Highway when the driver fell asleep at the wheel.

Senior Airman Kevin Sager, 3rd Logistics Readiness Squadron, drowned while kayaking alone on Ship Creek, June 18.

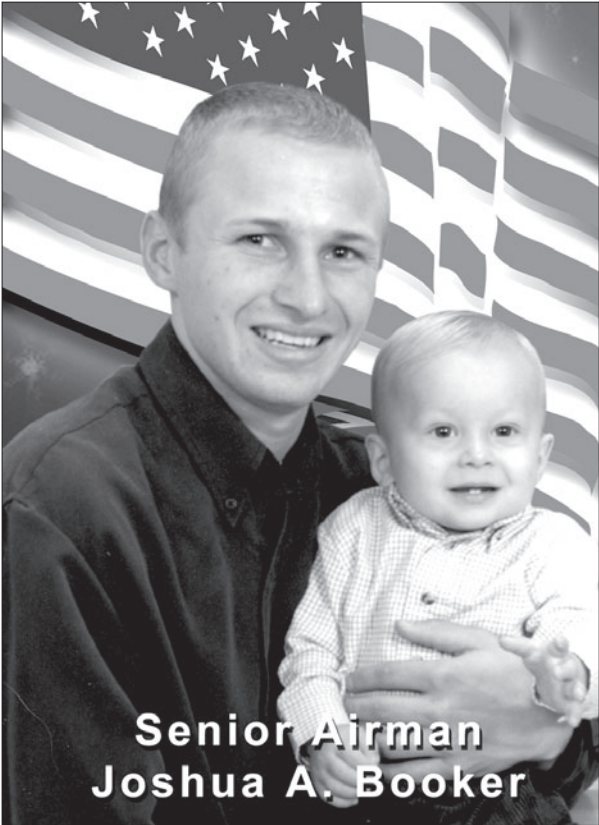
During the ceremonies, not only was the pain of loss felt and expressed by all, but the hope that a repeat would never occur – was born in the hearts of many.

At the memorial service for Airman Booker his unit leadership spoke about the successes he achieved since arriving here in August 2002.

He was hand selected to deploy to Nellis Air Force Base to support aircrew flying in Fighter Weapons School, and while deployed his aircraft was 99 percent mission capable, far exceeding the 81 percent standard.

He later oversaw 300,000 pounds of F-15 aircraft support equipment when he deployed to support Air Expeditionary Force 3 at Kadena Air Base, Japan; his service during the deployment led to his being named the 19th AMU’s Outstanding Performer of the Quarter.

At home, Airman Booker was a husband, father, son and brother. “He wasn’t a big guy, but



he had a big personality,” explained Master Sgt. Clayton Kitchin, 3rd Aircraft Maintenance Squadron.

“His sense of humor brought a lot of happiness to what can be a stressful environment. He’ll always be missed and remembered, as will another Arctic Warrior who lost his life,” he added.

Airman Sager refueled more than 564 different aircraft since graduating Fuels Specialist Technical Training School at Sheppard AFB, Texas and arriving here in July of 2002.

“He was a stellar performer who became a charter member of the million gallon club – a much sought after accomplishment within his ca-



reer field. He never had a safety mishap and never caused a delay,” said Chief Master Sgt. Michael Hollgate, 3rd LRS.

“Airman Sager’s efforts were consistent, recognizable and praised. During his time at Elmendorf, he was the Fuels Airman of the Month twice, and the Fuels Pumper of the Month on five separate occasions.

“He epitomized the Air Force’s core values; he was a true friend to each and everyone who came in contact with him. He had a passion for life and genuinely loved the great Alaska outdoors,” explained the Chief. “He will be missed by all who knew him.”

Road trips, food, fireworks cause for fun, safety concerns

By Lt. Col. Mike Halbig
3rd Wing Public Affairs

Another 4th of July has rolled around and it’s now time to enjoy the long Alaskan days, short nights and wonderful excitement of the great outdoors in the Last Frontier.

With the long holiday weekend and its associated activities, comes some inherent danger everyone needs to consider before putting themselves in a position to be injured or worse.

In particular, people need to ensure they are ready for any trips they are taking, especially any that involve driving. Other weekend traditions around the country that include outdoor grilling and fireworks can lead to dangerous situations as well.

DRIVING

During these summer months, with the extra sunlight, most people try to take full advantage of it and extend their outdoor activities and travel, according to Robert Madara, 3rd Wing ground safety officer.

Just a couple of weeks ago Elmendorf experienced a traffic fatality when the person operating the vehicle fell asleep, crossed into oncoming traffic and collided with another vehicle. Driving while drowsy can have, as noted, deadly consequences.

“Everyone’s body needs an adequate amount of rest,” Mr. Madara said, “While most people attempt to extend the amount of time they are awake and alert through drinking caffeinated beverages such as coffee, tea or colas, those stimulants are no substitute for sleep and its effects only last a short period of time.

“An interesting point with sleep is that most people feel that they can control when they sleep, however, the reality is that sleep is not voluntary

and people can easily fall asleep and not even know it,” he added.

Taking a short break could mean the difference between a safe trip and a serious or deadly incident.

GRILLING

“Outdoor cooking is an enjoyable summer pastime,” Mr. Madara said, “It’s one that also provides the ideal conditions for a costly and dangerous mishap as well.”

There are a few tips to ensure a safe, enjoyable meal with friends. These include grilling in a well-ventilated area since grills do give off carbon monoxide that can build up and endanger anyone if not in a ventilated area.

Barbecue grilling also provides prime opportunity for fire hazard, so grilling should be done away from combustible surfaces like wooden decks or underneath low-hanging tree branches that could catch on fire.

“Once the fire is going, don’t leave it unattended or allow children to be around the grill unsupervised. Both of those are opportunities for disaster,” he said. “Whenever working around a lit grill, don’t wear loose clothing that could catch fire. Ensuring shirt tails are tucked in, apron strings are not hanging over the grill and sleeves are rolled up will help create a safe grilling experience.

“It is also important to ensure that the cooking of the food itself is properly prepared by keeping it in the refrigerator until it’s time to start cooking,” he said. “A person also needs to ensure the food is completely cooked by checking the doneness of the food using an instant-read thermometer rather than timing. The length of time needed to cook meat varies with the exact temperature of the fire, the thickness of the food and weather conditions.”

FIREWORKS

“Standard in most 4th of July celebrations

throughout the United States is fireworks, however, due to the extended sunlight hours in Alaskan summers, the timing of firework displays must be in the wee hours of the morning to be properly seen which can increase the chances of an accident by being tired when handling fireworks,” Mr. Madara said.

Fireworks safety should be a primary concern for this celebration, he emphasized. He also added that using fireworks within the Municipality of Anchorage is illegal.

If someone is planning on including fireworks in their celebration outside of the Municipality, he said, they need to plan ahead and make sure that they safely handle the fireworks.

Make sure that you obtain the fireworks from a reliable seller; that an adult is always present to supervise any fireworks activity and there is a method to extinguish a fire.

Make sure all fireworks are ignited outdoors in a clear area, shot off a hard, paved surface and that everyone stays at least 25 feet away from the firing site.

Eye protection is needed and unused fireworks need to be stored in a cool, dry location.

Other items to watch out for, and to avoid doing, include not allowing children to handle fireworks.

Also, do not throw or point them at another person and do not hold lit fireworks. Never use them near dry grass or other flammable materials; and don’t try to re-light fireworks that did not go off.

This holiday weekend has the potential to be a great celebration of the birth of our great nation, but without advance planning and thought it could turn into an ugly, tragic one.

Planning can help to prevent injuries and possibly even death.

Arctic Warriors of Week



Senior Airman Nicole Valentine

Duty title: 3rd Operations Support Squadron, air traffic controller
Hometown: Navarre, Fla.
Hobbies: Reading, traveling and shopping
How she contributes to the mission: She delivers air traffic control services for more than 60,000 annual operations in support of Pacific Air Force’s most diverse tower operations
Time at Elmendorf: One year, six months
Time in the Air Force: Four years, six months
Best part of being in Alaska: The majestic scenery
Supervisor’s comments: “Senior Airman Valentine is a sharp Airman and an excellent air traffic controller. She provides expeditious and efficient service to all Air Force assets and ensures 3rd Wing mission accomplishment. She calmly handles in-flight emergencies on a daily basis and distinguishes herself through her exceptional motivation and professionalism.” Staff Sgt. Kandi Crips-Sorger



PHOTOS BY TECH. SGT. ADRIAN CADIZ

Captain Mark Youkey

Duty title: 962nd Airborne Air Control Squadron, electronic combat officer
Hometown: Granby, Colo.
Hobbies: Camping and traveling
How he contributes to the mission: As an ECO on the E-3 AWACS, he employs the Passive Detection System to identify air, ground and surface targets to provide threat warning to combat aircraft in the area of responsibility
Time at Elmendorf: Three months
Time in the Air Force: Five years, six months
Supervisor’s comments: “Captain Youkey epitomizes pride and professionalism and sets the highest standards as an officer and an aviator. In the short time he has been here, he has taken an aggressive lead in developing our next generation employment tactics for the E-3’s passive detection system.” Lt. Col. Jeff Anderson

Disposition of Personal Effects

■ 2nd Lt. Joseph Douglass, 3rd Aircraft Maintenance Squadron, is authorized to make disposition of the personal effects of Senior Airman Joshua Booker, 3rd AMXS, as stated in AFI 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Lieutenant Douglass at 320-7115.

■ 1st Lt. Sedrick Hamilton, 3rd Logistics Readiness Squadron, is authorized to make disposition of the personal effects of Senior Airman Kevin Sager, 3rd LRS, as stated in AFI 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Lieutenant Hamilton at 552-6770.

VCC Relocation

The 3rd Security Forces Squadron customer service functions including vehicle registration, de-registration, processing WG 22 function requests, extended passes and issuing of long term contractors passes and ID cards will be located in Bldg 8517/People Center Basement, Room B-40, adjacent to the Tax Center along with the Pass and Registration office beginning July 15. The hours of operation starting July 18 will coincide with the People Center customer service hours, Monday-Friday, 7:30 a.m. to 3 p.m., closed holidays and 3rd Wing down days.

The existing VCC will be open daily 6 a.m. to 6 p.m., to issue short

term visitor and vehicle passes only. After 6 p.m., the installation entry controller at Boniface Gate will provide assistance.

The relocation of services will allow the 3rd SFS to create a centralized customer service location within the People Center. For more information, please call Master Sgt. Dale Glover at 552-2132.

3rd Medical Group Holiday Services

The 3rd Medical Group will observe the 4th of July with modified services to allow hospital staff members to enjoy the holiday with their families and other 3rd WG members. Modified operations are:

Only Emergency Room services will be available today. Outpatient clinics and the pharmacy will not be open for routine business.

Family Practice and Pediatrics clinics will be open Saturday from 8:30 a.m. to 1 p.m. The pharmacy will be open from 9 a.m. to 1 p.m.

Only Emergency Room services will be available Sunday-Monday.

3rd MDG will return to normal operation Tuesday.

Commander's Call

Col. Hawk Carlisle, 3rd Wing commander, is hosting a commander's call for civilian employees July 14 at 1 p.m. in the Base Theater.

Civilian employees will not be charged leave for attending this function. For more information, call 552-5583.

New Housing

Aurora Military Family Housing will have the Moose Crossing Ribbon Cutting Ceremony at 6928 Haley Lane in Moose Crossing Tuesday at 10 a.m. There will be a pre-reception at 9:30 a.m.

For more information, call Ken Michael at 552-1189.

Home Buying Seminar

The Housing Office is offering a home purchasing seminar July 11 at the Housing Office located at 6346 Arctic Warrior Drive. The class lasts approximately two to three hours. Seating is limited, so call early for reservations at 552-4439/4328.

Air Force Ball

The Air Force Ball Committee is planning this year's festivities, scheduled for Sept. 10 at the Sheraton Hotel in Anchorage.

In an effort to keep ticket prices lower for junior enlisted members, the committee is accepting donations.

For more information, call Capt. Theresa Clark at 552-1600.

Protocol Opening

The 3rd Wing Protocol office has an opening for a senior airman or staff sergeant.

Interested candidates need to coordinate with their squadron and group commanders for recommendation and release. Applications must be received by July 8.

For more information, call Capt. Sabrina Luttrell at 552-8534.



Chapel Schedule

Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 7 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.

AWACS scans skies to keep ‘good guys’ safe

Master Sgt. Allison Day
Cooperative Cope Thunder 05-2 Public Affairs

When it comes to keeping a watchful eye on the ‘good guys’ and the ‘bad guys’ there is one type of airplane specially designed to do just that.

The aircraft, an Airborne Warning and Control System, provides airborne surveillance, command, control and communication functions, and early warning detection and tracking of targets at extended ranges in air and at sea.

“The longest part of the mission is waiting for everything to power up,” said Tech. Sgt. Susan Campbell, 962nd Airborne Air Control Squadron senior surveillance technician. “It usually takes about 45 minutes until we’re able to do anything.”

Her job is to supervise all other air surveillance technicians. In addition to this, she’s also responsible for all data links.

Data links are used to send electronic information to ground crews, so they see exactly what the crew on board AWACS is seeing.

“It’s a giant wireless network used by aircraft, headquarters and ships to exchange information,” said Sergeant Campbell. “We use this information for the decision-making process.”

Like ground controllers, AWACS crew members are able to see the big picture.

“Unlike us, ground control is fixed and we are able to go wherever the fight is,” said Capt. Christopher Johnson, 962nd AACS senior director. “Wherever we fly, we use a combination of technology, training and awareness of our immediate situation to identify and track where everyone should be.”

The technology used is a Doppler radar system, which is located on top of the E-3. It allows for precise tracking and control measures while resisting counter-control measures.

“As a surveillance officer, I have to provide

the best possible radar picture, so the crew can use the assets necessary to counter the threat,” said Canadian Air Force Capt. Darren Reck, 962nd AACS surveillance officer . “It’s exciting to do my job here and to be able to fly as well.”

During all flights, a video camera is mounted on the headrest of one of the seats. It records everything that goes on during the mission.

“Recording is used as a tool for debriefing the mission,” said Captain Johnson. “Once the mission is complete we review, ‘the fight.’ We look for mistakes and successes, but most of all the teaching points from that execution.”

In order for the surveillance to begin, all aircraft must be identified.

All planes are assigned a unique numerical code by air traffic control that changes upon each take off, said Captain Johnson. This is one way that the crew of the AWACS is able to identify the good guys from the bad guys.

“Any additional information is in our air tasking order,” said Captain Johnson. “It’s a matter of knowing where they’re coming from, being on the lookout for them; and usually, the good guys will let you know where they are.”

Most crew members agree that the best thing about working aboard AWACS is how quickly someone realizes the importance of the mission.

“I do like what I do because I’m directly involved in keeping the homeland safe and preserving peace and democracy around the world,” said Tech. Sgt. Julian Joseph, 962nd AACS weapons director.

“It’s virtually impossible to see and do the same thing each flight because we control different aircraft with different capabilities being flown by different flight leads with different requirements,” said Sergeant Joseph. “It constantly changes.

“We have to stay calm because we have what is called ‘the God’s eye view,’ the ability to see what



TECH. SGT. KEITH BROWN

the pilot cannot,” he said. “There are many people depending on us for certain critical and timely information.”

According to Air Force instruction, crew members take a written proficiency exam once a year. They also have a certain number of flights that they must do each month to remain qualified in their positions.

“During these scenarios, tension and focus are intense and we take what we do seriously and try to be the best,” said Captain Johnson.

Arctic Warriors punished, discharged

Article 15 punishments

■ A technical sergeant with the 703rd Aircraft Maintenance Squadron was granted an Article 15 set aside action. The member’s record is now clear of the Article 15. This action was taken as it is in the best interest of the Air Force to clear this member’s record.

■ A senior airman with the 3rd Equipment Maintenance Squadron assaulted his wife by biting her while he was drunk and disorderly. His punishment consisted of a reduction to the grade of airman first class, suspended forfeiture of \$820 for two months and suspended 45 days of extra duty.

■ A senior airman with the 3rd Equipment Maintenance Squadron failed to report for duty. His punishment was a suspended reduction to airman first class, a forfeiture of \$100 for two months, and 15 days extra duty.

■ An airman with the 3rd Civil Engineer Squadron failed to refrain from drinking alcohol while in the ADAPT program. His punishment consisted of a reduction to airman basic and a reprimand.

■ An airman first class with

the 3rd Equipment Maintenance Squadron made a false official statement. His punishment was a suspended reduction to airman, forfeiture of \$150 for two months, 30 days base restriction and 30 days extra duty.

■ An airman first class with the 3rd Equipment Maintenance Squadron made a false official statement.

His punishment consisted of a suspended reduction to airman, forfeiture of \$200 for two months, restriction to base for 30 days and 30 days extra duty.

■ An airman first class with the 3rd Services Squadron failed to report for duty on time. Her punishment consisted of a reduction in rank to airman basic.

■ An airman with the 381st Intelligence Squadron committed adultery. His punishment consisted of a forfeiture of \$200 for two months.

■ An airman first class with the 381st Intelligence Squadron failed to report to work. His punishment was a suspended reduction to the grade of airman, forfeiture of \$300 for one month, and 30 days extra duty.

Administrative Discharges

■ An airman from the 3rd Component Maintenance Squadron was administratively discharged for failure in alcohol abuse treatment. The member was deemed a program failure due to tardiness and failing to comply with the basic program directives, resulting in a general discharge.

■ An airman from the 3rd Medical Operations Squadron was administratively discharged for minor disciplinary infractions. He received an Article 15 for failing to report to his appointed place of duty, failing to properly file documents and failing to make appointments correctly. The member also received two Letters of Counseling and five Letters of Reprimand. The member’s misconduct resulted in his general discharge.

■ An airman first class from the 11th Operational Weather Squadron was administratively discharged for minor disciplinary infractions. He received an Article 15 for writing checks and failing to maintain sufficient funds for payment. The member also received three Letters of Counseling and three Letters of Reprimand. The member’s mis-

conduct resulted in his general discharge.

■ An airman basic from the 3rd Equipment Maintenance Squadron was administratively discharged for minor disciplinary infractions. His misconduct included an Article 15 for adultery and suspended nonjudicial punishment for providing alcohol to two individuals under the age of 21. The member also received two Letters of Counseling. The member’s misconduct resulted in his general discharge.

■ An airman from the 3rd Equipment Maintenance Squadron was administratively discharged for minor disciplinary infractions.

His misconduct included an Article 15 for failing to report at the time prescribed to his appointed place of duty; failing to remain alert for duty; a suspended nonjudicial punishment for misuse of his government credit card; failing to maintain a neat and orderly dormitory room; writing worthless checks; and failing to pay debts.

The member also received two Letters of Counseling and seven Letters of Reprimand. The member’s misconduct resulted in his general discharge.



Public Notice

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of

the 3rd Medical Group on 27, 28, 29 Jul 05.

The purpose of the survey will be to evaluate the organization’s compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which accreditation should be awarded the organization.

Joint Commission standards deal with organizational quality of care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission’s field representatives at the time of survey. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The requests must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to

**Division of Accreditation Operations
Office of Quality Monitoring
Joint Commission on Accreditation of Healthcare Organizations
One Renaissance Boulevard
Oakbrook Terrace, IL 60181
or Faxed to 630-792-5636
or E-mailed to complaint@jcaho.org**

The Joint Commission will acknowledge such request in writing or by telephone and will inform the organization of the request for any interview. The organization will, in turn, notify the interviewee of the date, time, and place of the meeting.

This notice is posted in accordance with the Joint Commission’s requirements and may not be removed before the survey is completed.

Date Posted: 26 June 2005

AADD STATISTICS

AIRMEN AGAINST DRUNK DRIVING
PICK-UPS
YEAR TO DATE

1190

DUIS FROM
ELMENDORF AS OF LAST WEEK

24

EXCUSES
TO DRINK AND DRIVE

0

POTENTIAL LIVES SAVED BY AIRMEN
AGAINST DRUNK DRIVING

COUNTLESS

WHO TO CALL WHEN YOU NEED A SAFE
RIDE HOME

552-HOME (4663)

Arctic Life

Great living in the great land

Community center offers something for everyone

By Matthew Toussaint
Stringer

Elmendorf's Arctic Oasis Community Center can be quite a lively place, and during the summer months, it is anything but quiet. It's a regular stop for people of all ages.

It's one of the biggest indoor Community Centers in Alaska and houses two rainy-day playgrounds for youth big and small.

Another reason the Oasis is so popular is that it has an enclosed gym, according to some the moms and dads using the fitness equipment.

Many parents have voiced their pleasure that they have the ability to socialize and workout without having to call the baby sitter or worry about how their child is doing in daycare, according to Arctic Oasis staff.

The Oasis also offers an arcade with Playstations, X-Boxes and many games; there's an indoor batting cage and climbing wall that welcomes climbers and batters alike without the waiting lines that are common at off-base activity centers.

There are also various learning opportunities for people of all ages like martial arts programs including: American Kenpo, Kuk Sool Won, Tae Kwon Do, and Flowing Combat Internal Kung-Fu.

Other programs include: baby-sitting classes, provided by a certified Red Cross trainer, gardening classes, belly dancing lessons and for the family, holiday outings that promote family ties, chess tournaments, and more.

Build-a-Boat and Cookie Baking contest are also a popular activity for many people, said Oasis officials.

People can almost assuredly find something to occupy their desire to



A regular patron of the Arctic Oasis Community Center avoids the crowds at the base fitness center by using the exercise equipment that overlooks the playground area. The fitness area is a popular place for parents of young children because the children can play while parents workout.

be actively involved, the staff explained.

So, whether you prefer to lounge about at the state of the art cyber café and enjoy free Internet service or to spend your time in the indoor skate park, this is a place that offers all those options and more.

The Community Center staff estimates, on average, they have between 50 and 100 people going in and out of the center each day.

The Oasis is open weekdays from 9 a.m. to 9 p.m.; Saturdays noon to 9 p.m. and Sundays and holidays from noon to 6 p.m.



PHOTOS BY TECH. SGT. ADRIAN CADIZ

Above: Martial arts students of the American Kenpo class close their eyes as they meditate before bringing their training session to an end during a recent class at the Arctic Oasis Community Center, which is at the intersection of 20th Avenue and Pease Avenue.

Right: John Nolte watches as his friend Brandon Sams follows through on a swing at the Arctic Oasis' 19-hole miniature golf course.



Right: As part of its participation in Cooperative Cope Thunder, a C-130 from the 517th Airlift Squadron practices take offs and landings on a dirt runway at the Malamute Landing Zone on Fort Richardson.

Below: German Air Force Captain Uwe Karsten, a navigator on a German C-160, gets flight information loaded into the aircraft's computer system before flying a mission during Cooperative Cope Thunder.



Thai Air Force Sergeant Panya Sangsuriya, marshalls a Thai Air Force C-130 that took part in Cooperative Cope Thunder, an exercise which lasted June 13-24.

PHOTOS BY TECH. SGT. KEITH BROWN

PACAF's Cooperative Cope Thunder comes to end

Master Sgt. Allison Day
Cooperative Cope Thunder Public affairs

The Cooperative Cope Thunder exercise came to an end June 24.

During the two-week-long exercise, more than 1,200 people from the United States and 11 other countries participated in operations both here and at Eielson Air Force Base.

"The coordination of all the different players at both locations each day of the exercise is a challenge," said Lt. Col. Tim Rockwell, commander of Detachment 1, 353rd Combat Training Squadron. "When you have different weapon systems – fighters, tankers, transports, AWACS – that need to be in the same air space at the same time to perform their mission, it's important to thoroughly coordinate."

Although Elmendorf's main runway has been closed due to ramp repairs, it has not prevented the successful deployment of aircraft during CCT.

During the exercise, only C-130 and C-160 aircraft operated from here.

Members of Germany, Republic of Korea, Malaysia, Thailand and the 517th Airlift Control Squadron performed multiple cargo air drop missions throughout the exercise.

"A total of 53 sorties were flown and pilots logged over 205 hours," said Staff Sgt. Jason Szymanski, aviation resource manager for Det. 1, 353rd CTS.

"When we arrived here everything was perfect," said German Air Force 1st Lt. Thomas Fromme, an aircraft commander with 63rd Air

Transport Wing. "Our country has participated before, but the members of our team are all experiencing this for the first time."

The German Air Force brought with them two C-160 Transalls.

"It's always difficult to integrate our planes because they are 20 percent less powerful than the C-130," said GAF Capt. Uwe Karsten, a navigator with the 63rd ATW. "It all worked out, so the missions flown were successful. This exercise has been challenging compared to other exercises that we've done in Las Vegas or Canada, because of the terrain. An advantage though, is the wide, open spaces."

They also have to remember to communicate because without communication the war is lost, he added.

The success of the exercise depended on whether or not the objectives were met by each country.

"During the planning conference held here a few months ago, each country came up with their own objectives, which are then worked into the exercise scenarios," explained Colonel Rockwell.

Participating forces were divided into two, combined opposing teams.

"The exercise was challenging each day," said Royal Thai Air Force Lt. Col. Juck Suvanrathat, commander of the 601st Tactical Airlift Squadron. "We have a new pilot and co-pilot here and this exercise has given them the opportunity to improve their skills. We've gone through planning and briefings with different countries, so we got the chance to learn things from them which will allow us to improve the

way we do things."

Each day of the exercise here was led by an airlift mission commander.

During the mission, the airlift mission commander is the first to take off. He's responsible for ensuring that everyone has the proper information at the right time and is the authority on what's going on with the mission that day.

The exercise has been unique in different ways for each country.

"I have enjoyed being the airlift mission commander," said RTAF Maj. Porndech Khongpan, director of operations for the 601st TAS. "Our mission on that day was successful. Take off was five minutes apart and once in the air we closed to three minutes apart. The air drop was on time and on target."

"The exercise enabled air force units to sharpen air combat skills, exchange air operations tactics, and promote closer relations among air forces and nations," said Colonel Rockwell.

The Korean Air Force doesn't have an Airborne Warning and Control System or tankers, and welcomed the chance to train with these aircraft.

"We deployed here with a C-130 and have had the opportunity to fly and train with fighters, tankers and the AWACS during our exercise scenarios," said KAF Capt. Yoo Ho Sung, a C-130 pilot with the 251st Tactical Airlift Squadron. "The goal is to successfully get your packages to the drop zone."

The Japanese Air Self Defense Forces returned for their third year of bilateral participation with aircraft. Their ground controllers oper-

ated from here.

"This exercise provided very realistic scenarios for our air-to-air combat training," said JASDF Maj. Nobuyuki Watanabe, an F-15 pilot with the Japanese Air Defense Command Headquarters. "It also gave our pilots the opportunity to train in a vast area, and it gave all our people the chance to form friendships."

"These exercises are an opportunity to build bridges with other countries," said Colonel Rockwell. "Our military contacts with partner nations demonstrate our commitment to peace and stability in the Pacific region. It's exciting to see several nations train together successfully."

For some participants, it's the first time they've seen the United States and now they get the chance to experience it culturally and geographically, he added.

"It's been a positive experience being here," said Australian Air Force Flight Lt. Heidi Schumacher, a weapons officer with the 41st Wing. "It's been wonderful to meet people from other nations and talk with them about how we do our jobs in our respective countries."

She also said she had a good time at the barbecues and at being able to see Alaska.

"The 3rd Wing has been very accommodating and supportive in the use of their airfield," said Colonel Rockwell. "The 3rd Maintenance Group also plays a role in resolving any major issues we encounter."

"I'd like to thank all the personnel of Det. 1 and the 3rd Wing for working long hours to pull this off, said Colonel Rockwell. The quality training the U.S. Air Force and its allies receive here is always worth the effort."



Above: Thai Air Force Capt. Rattapon Jamnansribejra and Oregon Air National Guardsman Tech. Sgt. David Wright work together to call aircraft into the Malamute Drop Zone on Fort Richardson during Cooperative Cope Thunder '05 held at Elmendorf and Eielson Air Force Bases, Alaska. Captain Jamnansribejra and Sergeant Wright are both combat controllers.

On the cover: A C-130 from the 517th Airlift Squadron, conducts air drops at the Malamute Drop Zone on Ft. Richardson during Cooperative Cope Thunder.

Missoula theater auditions begin

Worldwide organizaton seeks talented young actors for base play

By Mrs. Mary Rall
3rd Services Marketing

The path to that fabled gingerbread house in the woods will be revealed as youth from throughout the base have an opportunity to audition for the Missoula Children's Theater's production of "Hansel and Gretel."

Signups for auditions begin Tuesday at the Arctic Oasis Community Center for the traveling children's theater, which will visit Elmendorf Aug. 8-13. The auditions will be Aug. 8 with rehearsals beginning immediately after. There are 50-60 parts available, and no child auditioning is guaranteed to receive a part.

The Missoula Children's Theater is the nation's largest touring children's theater, which has traveled extensively from Montana to Japan over the last 30 years. The group's combination actors and directors will arrive here

with a set, lights, costumes, props and everything else necessary to put together a production except for the performers.

Available parts to be featured in this fairytale musical are those intrepid adventurers, Hansel and Gretel, the Wildwood Witch and her loyal servants, the crafty cooks, modern day campers – somehow lost in time in the wood, lots of nasty critters – creepy denizens of the deep and a flock of cuddly Wal-lybirds.

Students, in grades kindergarten through 12th grade are encouraged to audition. No advance preparation is necessary. Assistant Directors will also be cast to aid in rehearsals throughout the week and to take on essential backstage responsibilities.

Rehearsals for the production will be Aug. 8-12, and although all cast members will not be needed at every session, those auditioning

must be available for all the rehearsal dates. A detailed rehearsal schedule will be distributed at the conclusion of the auditions, and cast members should bring a sack lunch, supper or snack to the rehearsals.

Once the rehearsals have concluded, the curtain will go up Aug. 13 when the youth will take to the stage to perform for the Elmendorf community. While the performance will feature base youth, individuals from throughout the area are welcome to attend the performance of these stars of tomorrow. For more information, call 552-8529.



MRS. MARY RALL

Elmendorf actors performed Red Riding Hood in last year's Missoula Theater play.

...:inside the fence

Girdwood Forest Fair, Today from noon to 6 p.m. for \$3 and shopping money with the Young Adult Center. 552-2371

Sunday Brunch, Sunday from 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131

Russian River Fishing Trip, Monday at 5:30 a.m. for \$30 with the Outdoor Adventure Program. 552-2023

Fourth of July Sale, Monday from 5:30 a.m. to 9 p.m. at the Eagleglen Pro Shop. 552-3821

Red, White and Blue Tournament, Monday from 7-11 a.m. at Eagleglen. 552-3821

Youth Hooked Up 2 Bowling Begins, Tuesday at 1 p.m. for youth 6-12 for \$75 at the Polar Bowl. 552-4108

Bowler Appreciation Night, Tuesday bowling for \$1.75 per game from 5-9 p.m. at the Polar Bowl. 552-4108

Eagle River Rafting, Tuesday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

Ladies League, Tuesday at 5:30 p.m. at Eagleglen. 552-3821

Kayak Pool Training, Tuesday at 8 p.m. for \$25 at the Fitness Center Pool with the Outdoor Adventure Program. 552-2023

Russian River Fishing Trip, Wednesday at 5:30 a.m. for \$30 with the Outdoor Adventure Program. 552-2023

New Parent Orientations, Wednesday at 10:30 a.m. at

the CDCs. 552-8304

Beginning Basics Quilting, Wednesday, July 13, 20 and 27 from 6:30-8:30 p.m. for \$65, Bring your own sewing machine to the Arts and Crafts Center. 552-7012

Hooked Up 2 Bowling Begins, Wednesday at 6:30 p.m. for those 17 and older for \$99 at the Polar Bowl. 552-4108

Beginning Beading Daisy Chain Necklace, Wednesday from 7-9 p.m. for \$25, \$7.85 for kit at the Arts and Crafts Center. 552-7012

Geo Cache/Skate Park Tour in Anchorage, Wednesday from noon to 6 p.m. for \$3 and lunch money with the Young Adult Center. 552-2371

Wednesday Night Madness, Wednesday bowl from 5-9 p.m. for \$18 per lane for up to five people. 552-4108

Freedom Flag with Roses Tole Painting Candleholder, Thursday from 4:30-6 p.m. for \$35 and mason jar at the Arts and Crafts Center. 552-7012

Morning Coffee Conversation, Thursday at 10 a.m. at the Arctic Oasis Community Center. 552-8304

Bowling Club Begins, Thursday at 12:30 p.m. for \$69 and additional fees at the Youth Center. 552-2266

Airmen's Special, Thursday E-4's and below receive a 50 percent discount from 5-9 p.m. at the Polar Bowl. 552-4108

Kids Summer Program, Thursday and July 21 and 28 from 10 a.m. to 4 p.m. for

youth 7-10 for \$45 per day or \$120 per month at the Arts and Crafts Center. 552-7012

Pottery on the Wheel Glazing and Orientation, Thursday and July 21 and 28 from 6-8 p.m. for \$5 and glazes and clay at the Arts and Crafts Center. 552-7012

Beginning Crochet Basic Creating, Thursday and July 14 from 5-7 p.m. for \$35 at the Arts and Crafts Center. 552-7012

Ceramic Pouring Certification, Thursday from 6:30-9 p.m. for \$25 at the Arts and Crafts Center. 552-7012

Eagle River Rafting, Thursday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

Mountain Bike Training, Thursday at 5:30 p.m. for free at the Outdoor Recreation Center. 552-2023

Children Eat Free, Thursday-July 9 from 5:30-9 p.m. at the Susitna Club. 753-3131

Flat Top Hike, July 8 from 10 a.m. to 6 p.m. for \$3 and lunch money with the Young Adult Center. 552-2371

Open Bowling, July 8 from 5 p.m. to 1 a.m. at the Polar Bowl. 552-4108

Give Parents a Break, July 8 from 6-11 p.m. at the Denali CDC. 552-8304

Super Friday, July 8 from 5-6 p.m. at the Kashim and Susitna clubs. 753-3131

** Arts and Crafts Center classes must be signed up for three days in advance.*

OPEN BOWLING: Score big at Open Bowling from 5 p.m. to 1 a.m. at the Polar Bowl. 552-4108

MOVIE: *Monster-In-Law* (PG-13) Unlucky in love, beautiful 'Charlie' has finally met the man of her dreams, Dr. Kevin Fields. There's just one problem – his mother Viola. Overbearing and controlling, she has recently been canned from her job as a star news anchor. Fearing she will lose her son's affections as she has her career, Viola and her assistant Ruby, decide to break up the happy couple by becoming the world's worst mother-in-law. 7 p.m.

...:sat

HIT THE TRAIL: Grab your bike and ride from Palmer to Hatcher Pass at 9 a.m. for \$10 with the Outdoor Recreation Center. 552-2023

MOVIE: *Monster-In-Law* (PG-13) See above for movie details. 7 p.m.

...:sun

FAMILY FUN: Spend the day on the lanes and get two hours of Xtreme bowling, shoe rental, two pitchers of soda and popcorn for \$30 for up to six people per lane from 1-8 p.m. at Family Xtreme Bowling. 552-4108

MOVIE: *Kingdom of Heaven* (R) Balian is mourning the deaths of his wife and baby when his father arrives and asks him to join the Crusades in Jerusalem. Balian agrees, and embarks on the perilous journey. Along the way, he reveals his gifts of inherent goodness and fair treatment of all human beings. 7 p.m.

...:fyi

INFO FAIR: Stop by the Susitna Club Thursday from 11 a.m. to 1 p.m. for the free Services Information Fair. This event will feature information from 3rd Services facilities such as the Polar Bowl, Information Tickets and Travel, Library, Eagleglen, the Arctic Oasis Community Center and more as well as free prizes and drawings. For more information, call 552-5900.

SPORTS PAGE

Lifting weights builds muscle, burns fat



Stefney Dunson uses a bench to pump out a few curls while working out at the Fitness Center.



Sean McGuigan presses out more than 400 pounds on a leg press machine he uses as part of his strength training regimen.

Master Sgt. Allison Day
3rd Wing Public Affairs

After four years of working out with weights, Michael Blahut can see a change.

“I got into weightlifting shortly after I joined the Air Force,” he said. “I do circuit training, which allows me to lose fat and gain dense muscle mass.”

He also mentioned the rewards he gets for exercising.

“I am self-motivated to do this because of how good it makes me feel,” said Blahut. “I get a sense of pride being physically fit and it allows me to do anything physical that I’d like to do.”

“Weightlifting in conjunction with aerobic exercise is the best for optimal fitness,” said 1st Lt. David Oakland, officer in charge of the fitness center for 3rd Services Squadron. “Weightlifting allows you to get better and stronger muscle mass and cardio offers aerobic endurance.”

When starting an exercise routine you need an objective, he added.

“If you’re a couch potato and you make it to the gym once a week, that’s good for you,” said Lieutenant Oakland. “The goal should be to start slow and to increase activity as the time goes on. By increasing your activity, your endurance also increases.”

However, the person who is working out occasionally and wants to see an improvement should increase their workout to four or even six times each week, he added.

Many find that being in excellent

physical shape can lead to good results on the fitness test.

“I got a score of 100 on my fitness test,” said Blahut. “It’s important to get some help from someone who’s experienced, because you could get hurt if you don’t know what you’re doing.”

He also learned more about weightlifting by reading a magazine that deals with body building, he added. In addition, he spoke with friends who worked out and got some tips from them.

For others, being physically fit allows them to feel a sense of accomplishment.

“I did a big bike trip recently and I was very proud to be among one of the first individuals that finished,” said Gail Hansen, a certified yoga instructor.” A few years ago that wasn’t possible. In addition to being challenging, I feel yoga has improved my physical performance tremendously.”

Many health experts agree nutrition is a big part of any exercise routine.

“Weightlifting is only part of my routine,” said Blahut. “I also make sure that I eat right. That was my problem a few years ago.”

It’s also important to switch up your training.

“One day do weightlifting and the next day do cardio,” said Oakland. “By doing this, it allows the muscle group to rest and gives the body time to build up protein from the food you eat.”

It’s also good to do a five- to 10-minute warm up, he added. This allows the flow of blood to increase throughout the body and prepares the muscles for exercising.

Others find cooling down equally as important.

“During cool down, I feel so good,” said Pat Claar, a certified yoga instructor. “Besides keeping me in shape, I feel it’s good for the body and soul. I get such a feeling of happiness throughout the entire routine.”



Scott Rodrigues uses a dumbbell to work his triceps.

American Independence

By **Capt. Tony Wickman**
Alaskan Command Public Affairs

ACROSS

- 1. Prod
- 4. Inter
- 8. Army enlisted rank, in brief
- 11. Exploit
- 12. Fencing sword
- 13. First wife of Jacob
- 15. Props placed at end of a row of books
- 17. Shared
- 19. Airport code for SHAPE city
- 20. California city
- 21. Airport code for Taj Mahal city
- 22. Shoulder ____; gesture of doubt
- 26. Cordon entryway, in short
- 27. Angie Everheart and others
- 29. ____-Magnon
- 30. American Revolution soldier ____ Allen
- 31. Saga
- 32. Open slightly
- 35. Journey
- 36. Foreshadow

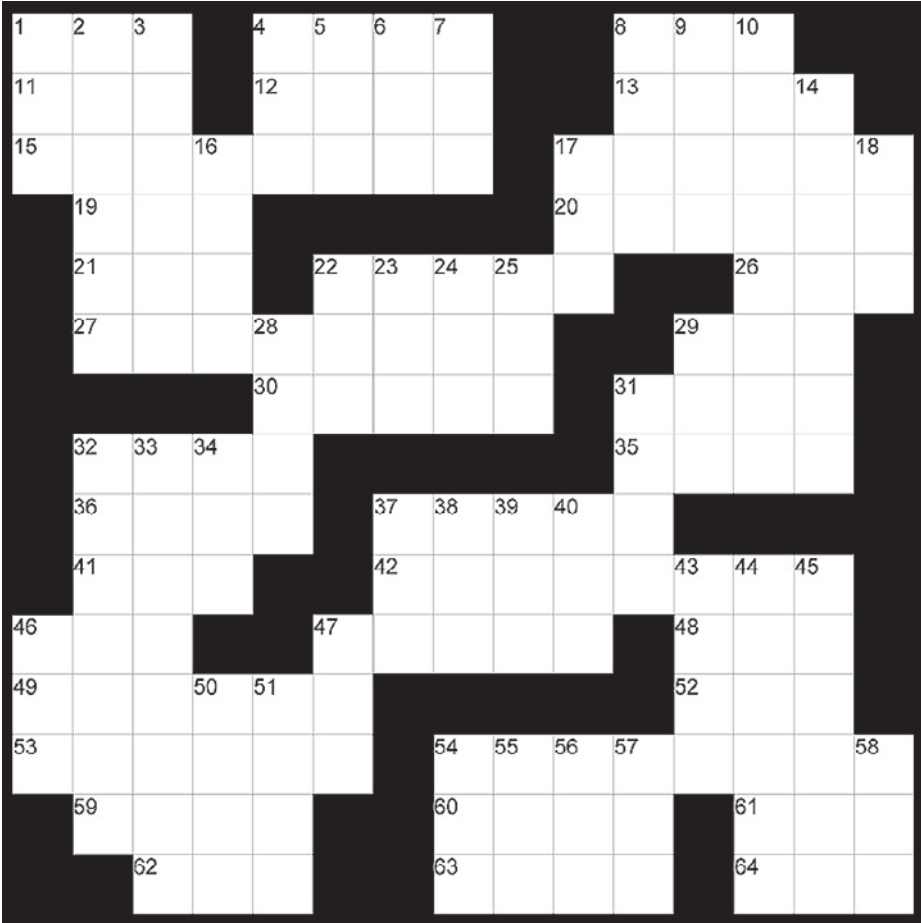


Last week’s solution

- 37. Hawkeye state denizen
- 41. Greek letter
- 42. Boston ____ ____, American Revolution event
- 46. Lair
- 47. Overeat
- 48. Wisconsin city ____ Claire
- 49. Tropical fruit
- 52. Alphabet starters
- 53. *The Jefferson’s* ____ Sanford; “Weezie”
- 54. British law that provoked rebellion in American colonies
- 59. Band instrument
- 60. British loyalist during American Revolution
- 61. Field movie *Norma* ____
- 62. ____ Vegas, N.V.
- 63. Writer Bombeck
- 64. Mil. phone system

DOWN

- 1. Name
- 2. 2+ atoms having same mass but different numbers
- 3. Commander-in-Chief Washington, during American Revolution
- 4. Bonnet denizen
- 5. CBS, NBC competitor
- 6. ____ Coat; British soldier during American Revolution
- 7. Affirmative
- 8. Smear
- 9. Gala
- 10. Dialogue
- 14. American Revolution leader and politician John ____
- 16. Northern Iraq agricultural people
- 17. Making a product, in short
- 18. Snip



- 22. Solidify, as in concrete
- 23. Express triumph
- 24. Vitamin intake chart on food packing, in short
- 25. DoD branch
- 28. Right now
- 29. Lifesaving action, in short
- 31. Sicilian mount
- 32. Even
- 33. American Revolution sailor ____ Jones
- 34. Commotion
- 37. Simpson trial judge
- 38. USA equivalent to OPR
- 39. Jester
- 40. Mock
- 43. Harvest
- 44. Coat-of-Arms tunic
- 45. Spanish bayonet and Joshua tree
- 46. Ink jet printer production, in short
- 47. Female friend
- 50. 70s Swedish disco group
- 51. Yes votes
- 54. Sault ____ Marie, M.I.
- 55. Rocky peak
- 56. Limb
- 57. R&B singer Harrison
- 58. X, to Caesar